

life skills assessment

only living

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I know where to go to get on the Internet.					✓
I can find what I need on the Internet.					✓
I know how to use my email account.					✓
I can create, save, print and send computer documents.	✓				
I know the risks of meeting someone in person that I met online.					✓
I would not post pictures or messages if I thought it would hurt someone's feelings.			✓		
If someone sent me messages online that made me feel bad or scared, I would know what to do or who to tell.	✓				✓
I know at least one adult, who would take my call in the middle of the night if I had an emergency.					✓
When I shop for food, I take a list and I compare prices.				✓	✓
I can make meals with or without using a recipe.			✓		
I think about what I eat and how it impacts my health.					✓
I understand how to read food product labels to see how much fat, sugar, salt, and calories the food has.					✓
I know how to do my own laundry.					✓
I keep my living space clean.			✓		
I know the products to use when cleaning the bathroom and kitchen.	✓				
I know how to use a fire extinguisher.					

life skills assessment

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I know where I can get help with an Income tax form.	✓				
I can take criticism and direction at school or work without losing my temper.	✓				
I know how to prepare for exams and/or presentations.					✓
I know where I can get tutoring or other help with school work.	✓				
I look over my work for mistakes.			✓		
I get to school or work on time.			✓		
I get my work done and turned in on time.					✓

Career and Education Planning

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I know how to find work-related Internships.	✓				
I know where to find Information about job training.					✓
I can explain the benefits of doing volunteer work.					✓
I have recently talked to an adult who works in a job I would like to have.	✓				
I have graduated from High School					

POWER

FAMILY

life skills assessment

Housing & Money Management

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I understand how interest rates work on loans or credit purchases.	✓				
I understand the disadvantages of making purchases with my credit card.	✓				
I know the importance of a good credit score.	✓				
I know how to open a bank account	✓				
I know how to write a check	✓				
I know how to balance my bank account.	✓				
I put money in my savings account when I can.			✓		
I know an adult who would help me if I had a financial emergency.	✓				
I use online banking to keep track of my money.			✓		
I know the advantages and disadvantages of using a check cashing or payday loan store.	✓				
I know how to find safe and affordable housing.	✓				
I can figure out the costs to move to a new place, such as deposits, rents, utilities, and furniture.	✓				
I know how to fill out an apartment rental application.	✓				
I know how to get emergency help to pay for water, electricity, and gas bills.	✓				
I know what can happen if I break my rental lease.	✓				
I can explain why people need renter's or homeowner's insurance.	✓				
I know where to obtain financial advice.					

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life skills assessment

Relationships and Communication

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I can speak up for myself.					✓
I know how to act in social or professional situations.					✓
I know how to show respect to people with different beliefs, opinions, and cultures.					✓
I can describe my racial and ethnic identity.					✓
I can explain the difference between sexual orientation and gender identity.					✓
I have friends I like to be with who help me feel valued and worthwhile.					✓
I am adopted?					✓
I get along well with my parents					✓
I get along well with my siblings					✓
I get along well with my extended family					✓
I know my birth family	✓				
I want to find out about my birth family					✓
My relationships are free from hitting, slapping, shoving, being made fun of, or name calling.					✓
I know the signs of an abusive relationship.	✓				
I think about how my choices impact others.					
I can deal with anger without hurting others or damaging things.					✓
I show others that I care about them.					✓

Life Skills Assessment

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I plan for the expenses that I must pay each month.	✓				
I keep records of the money I am paid and the bills I pay.	✓				
I know what happens in my state if I am caught driving without car insurance or a driver's license.				✓	
I can explain how to get and renew a driver's license or state ID card.	✓				
I can figure out all the costs of car ownership, such as registration, repairs, insurance, and gas.	✓				
I know how to use public transportation to get where I need to go.					✓

Work and Study Life

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I know how to develop a resume.			✓		
I know how to fill out a job application.					✓
I know how to prepare for a job interview.					✓
I know what the information on a pay stub means.	✓				
I can fill out a W-4 payroll exemption form when I get a job.	✓				
I know what employee benefits are.	✓				
I know what sexual harassment and discrimination are.					✓
I know the reasons why my personal contacts are important for finding a job.			✓		
I know how to get the documents I need for work, such as my Social Security card and birth certificate.					

Life Skills assessment

Self Care

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I can take care of my own minor injuries and illnesses.		✓			
I can get medical and dental care when I need it.	✓				✓
I know how to make my own medical and dental appointments.	✓				✓
I know when I should go to the emergency room instead of the doctor's office.	✓				✓
I know my family medical history.	✓				
I know how to get health insurance	✓				
I bathe (wash up) daily.					✓
I brush my teeth daily.					✓
I know how to get myself away from harmful situations.					✓
I have a place to go when I feel unsafe.	✓				
I can turn down a sexual advance.					
I know ways to protect myself from sexually transmitted diseases (STDs).					✓
I know how to prevent getting pregnant or getting someone else pregnant.					✓
I know where to go to get information on sex or pregnancy.					✓

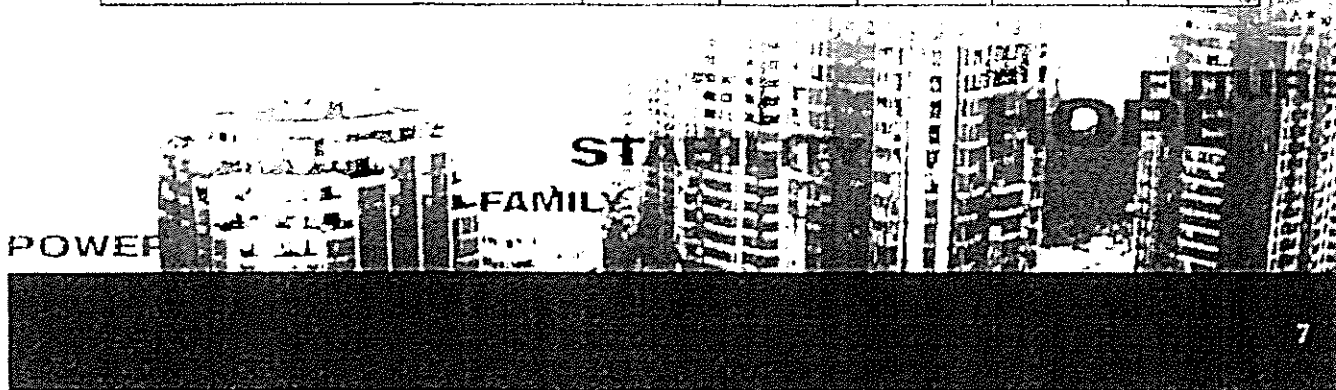
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Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I know what type (college, trade school) education I need for the work I want to do.					
I know how to get into the school, training, or job I want after high school.	✓				
I know how to find financial aid to help pay for my education or training.	✓				
I have attended college classes	✓				✓
I have declared a major	✓				

Looking Forward

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I believe I can influence how my life will turn out.					✓
I can describe my vision for myself as a successful adult.					✓
I would like to use my experience to help other youth.	✓				
I believe my relationships with others will help me succeed.	✓				
I feel I am ready for the next phase of my life.					✓
Most days, I am proud of the way I am living my life.			✓		
Most days, I feel I have control of how my life will turn out.			✓		



Post Secondary/Training Assessment

1 - Career & Education Planning

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I have declared my major	✓				
I would like to do an Internship in my major.	✓				
I know the requirements to transfer from my current school or program to another one.	✓				
I plan to continue my education or training beyond my current program.	✓				
I am confident I can find a full time job.					✓

2 - Study and Technology

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I have taken a study skills class or workshop.					
I can read and understand my textbooks and assignments.					✓
I have a place to study where I can concentrate on my work.					✓
I hand in my assignments on time.	✓				
I know what plagiarism is.	✓				
I use a calendar or day-timer to plan out my time, and keep track of assignment deadlines.	✓				
I can usually identify the important points in a lecture.			✓		
I can locate information both at the library and on the Internet.					✓
I am good at taking notes in class.					✓
I participate in a formal or informal study group.	✓				
I always review and check my work before I hand it in.	✓				
When I miss a class, I ask the professor, instructor or another student what I missed.	✓				

Post Secondary/Training Assessment

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I have held a job				✓	
The people at my job supported me doing well in school.				✓	
I plan out my long-term projects so that I get them done on time.				✓	
I can manage my family or child care responsibilities and still do well in school.	✓				
I have regular access to a computer and printer.	✓				✓
I know how to use a word processing program such as Microsoft Word.					✓
I use a computer keyboard.					✓
I regularly use the Internet for school work.					✓
I regularly use email.			✓		
I know where a computer lab is located.					✓
I submit my assignments online when needed.					✓

3 - Motivation and Participation

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I have a strong desire to finish college or my training program.	✓				
I am satisfied with my grades.					✓
I can name someone I admire who has graduated from college or a training program.	✓				
I am proud to be a student at my school or training program.	✓				
I have friends at school who care about my success.				✓	
I attend school events, such as concerts, movies, pep rallies, lectures, or sports events.					✓

Post Secondary/Training Assessment

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
My school or program is a good match with my beliefs and values.	✓				
Before registering for classes, I talk to my academic advisor.	✓				
My advisor takes a personal interest in me and cares about my success.	✓				
I know how many credits I have and how many are needed to graduate.	✓				
I participated in a student orientation or summer start program.	✓				
I feel I fit in at my school or program.	✓				
I attend all my classes.	✓				✓
I am academically well prepared for college or training.	✓				✓
I ask questions and participate in class discussions.	✓				✓
I know my professors' or instructors' office hours, email and phone contact information.	✓				✓
I know what is expected of me in my classes.	✓				✓
I meet with my professors or instructors if I have questions about coursework or assignments.	✓				

4 - School or Program

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
My campus is a safe place.					✓
I feel comfortable at school or in my program.	✓				
I know about the Equal Opportunities Program (EOP).	✓				
Tutors are available to me.					✓

Post Secondary/Training Assessment

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I feel respected at my school or program.					✓
Instructors/professors listen to what I have to say.					✓
There is a good connection between what I learn at school and my own background and culture.			✓		✓
The staff at my school respects my culture and background.					✓
At the school or program I attend, it is easy to get the classes I need to graduate.					✓
My school or program is preparing me for the job or career I want to go into after I graduate.	✓				
I see instructors, professors and staff at my school or program from my cultural background.	✓				
My school or program offers social or cultural activities or opportunities.					✓
My school or program offers adequate support services - such as tutoring, mentoring, technology assistance, study skills classes, counseling, etc.					✓
My instructors or professors expect me to do well and care about my success.					✓
My school or program encourages contact among students from different backgrounds.					✓
My living situation is safe and secure.					✓
I have a reliable way of getting transportation to school.					✓

5 - Supports

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I can name at least one person outside of school who expects me to graduate.					✓
Some of my family or friends understand my education, training or career plans.					✓
I have shared my goals with someone I trust.					✓

Post Secondary/Training Assessment

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I need support from others to achieve my education goals.			✓		
When I have a problem at school, I ask a trusted friend, family member, professor, instructor, or counselor for advice.					✓
I am comfortable using support services such as tutoring, counseling, academic advising, or student health.	✓				
My family or friends are supportive of my college or training goals.					
I have participated in a college success class or workshop.				✓	
I know what mentoring programs are available.	✓				
I know what services are offered at the student counseling center.					✓
I know what services are offered at the student housing office.				✓	✓
I know where to get tutoring, study skills, and time management help.	✓			✓	
I know where to get information about jobs or career assistance.	✓			✓	
My spiritual needs are being met.	✓				

6 - Health

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
Overall, I am satisfied with my health.				✓	
I know how to access health care services.	✓				✓
I know how to access vision care services	✓				✓

Post Secondary/Training Assessment

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I know how to access dental care services.					✓
I have health insurance coverage.					✓
I have access to healthy meals every day.					✓
I know where to get assistance with drug or alcohol related issues.	✓				
I am satisfied with the amount of exercise I get.					✓
I fill and renew my medication prescriptions as needed.					✓
I don't get enough sleep.					✓
I know what to do when I feel lonely and isolated.					✓
I know how to access counseling services.	✓				
I am comfortable getting help when I feel depressed.	✓				
I can get the therapy I need.					✓

7 - Financial Aid & Budgeting

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I meet with a school financial aid counselor several times a year.					✓
My FAFSA application is completed and sent in prior to the deadline.					✓
I know how to read and understand my Student Aid Report (SAR).	✓				
I am not worried about my student loan debt.					✓
I have someone to help me develop my education, living, transportation and health budget.					✓
I am able to pay all my school bills.					✓
Credit card debt is not a problem for me.					✓